

Healing Arthritis Kit #1: Arthritis Essentials

Instructions

Congrats! You will be receiving Dr. Blum's most highly recommended anti-arthritis, anti-inflammatory supplements in this kit. Here you will find instructions for how to take these supplements as part of **Step 1** of the **3-Step Arthritis Protocol**, as adapted from Dr. Blum's book, *Healing Arthritis*.

Please note: The doses of supplements contained in the Healing Arthritis Kit #1: Arthritis Essentials are different than the doses that Dr. Blum uses in the *Healing Arthritis* book. In the book, Dr. Blum recommended the maximum doses of each supplement because those were the doses used in the published studies and because she wanted each person to have the best chance of the best outcome. As the book also explains, in discussing different people's experiences, the maximum dose is not always the optimal starting point for everyone. Consistent with that goal, this kit contains enough supplements for you to complete the *90-Day Arthritis Program*, our online program that is adapted from the book, at what Dr. Blum thinks is the lowest effective possible dose of each supplement that the Book prescribes.

We recommend that you start at these doses now, in Step 1, and then wait until after you complete Step 2: Intensive Gut Repair to see how you feel. If you still have pain, then you can consider doubling your dosage of the following supplements: Omega 3 Fatty Acids, Super Curcumin and Collagen Complex. To do that, you will need to buy additional supplements over and above the ones in the Healing Arthritis Kit #1: Arthritis Essentials.

As a reminder, the complete **Blum Center 3-Step Arthritis Protocol** from Dr. Blum's book is a 9-month protocol, laid out as follows below. This Healing Arthritis Kit #1: Arthritis Essentials supplements begins at the start of your program with Step 1, and carries you through Step 2 and the first 2 weeks of Step 3, approximately 90-days, at the modified dosing explained above.

- Step 1: Two-Week Jump-Start Leaky Gut Diet for Arthritis. This step includes beginning all the anti-inflammatory, Arthritis Essentials supplements, following the instructions below.
- Step 2: Two-Month Intensive Gut Repair (Healing Arthritis Kit #2: Gut Essentials, sold separately). You will continue the Arthritis Essentials while working on healing the gut.
- Step 3: Finish-What-You-Started Six-Month Program. You will continue the Arthritis Essentials through Step 3, and we include supplements for the first 2-weeks to get you started.

Arthritis Essentials Supplements Instructions

As you begin your program, we suggest adding the new supplements slowly over the course of the first week or so, to make sure they all agree with you. While these products are tried and true and have been used over many years at Blum Center for Health, you are a unique individual and we never know if a particular supplement will cause a side effect, whether gut related, or a headache. That's why we always suggest a slow "on-boarding" process. We recommend starting two new supplements, and two days later if all is ok, you can add the next two.

Possible side effects include digestive upset like nausea, or an allergic reaction like a rash or hives. If you have digestive upset, try

taking the vitamins with more food (all supplements should be taken with food unless otherwise instructed). If you have a rash or any other severe reaction, stop the new supplement right away, and put it aside. Wait for the reaction to go away before adding in the next new supplement from the list. We often suggest going back to the one that gave you a reaction at the end, once all the new products are on-board. If you aren't sure what to do, check with your Coach, after all, that's what we are here for!

Welcome to Your Supplements

Multivitamin with Antioxidants — view supplement facts [here](#)

1 bottle has 120 capsules. Our multi includes in one supplement, the Vitamin A, Vitamin E, NAC and Lipoic acid to support you throughout the program.

Essentials Vitamin C — view supplement facts [here](#)

1 bottle has 90 Capsules. Our Vitamin C is buffered to prevent stomach upset, and also includes additional bioflavonoids to provide more powerful anti-oxidant activity.

Essentials Vitamin D3 5000 — view supplement facts [here](#)

1 bottle has 120 softgels. Our Vitamin D3 is formulated as a small, easy-to-swallow, liquid gel cap.

Essentials Omega 3 Fatty Acids — view supplement facts [here](#)

1 bottle has 120 softgels. Your kit has 2 bottles so that you will have enough to see you through the 90-day program at the lower starting doses we recommend when taking all the Arthritis supplements together. Our fish oil is purity guaranteed (no heavy metals or toxins)

and concentrated to provide the high doses of EPA + DHA you need to reduce inflammation.

Essentials GLA 240 — view supplement facts [here](#)

1 bottle has 90 softgels. Our GLA is from borage oil, and each capsule has 240 mg, providing high concentrated dosing needed to treat arthritis.

Super Curcumin — view supplement facts [here](#)

2 bottles have 60 softgels each. Your kit has 2 bottles so that you will have enough to see you through the 90-day program at the lower starting doses we recommend when taking all of the Arthritis supplements together. Curcumin by itself isn't easy to absorb in the gut, and so we combine ours with sunflower lecithin, (an emulsifier filled with glycerophospholipids) to make it super-absorbable so that you will reap the benefits of every milligram you take.

Collagen Complex — view supplement facts [here](#)

1 bottle has 60 tablets. Your kit has 2 bottles so that you will have enough to see you through the 90-day program at the lower starting doses we recommend when taking all the Arthritis supplements together. Shown to repair the damaged collagen in joints, Undenatured Type 2 Collagen is included in our joint formula and combined with a proprietary hops extract for pain relief.

DIRECTIONS:

Introducing New Supplements for the First time:

Day 1: Start with Essentials Omega 3 Fatty Acids and Super Curcumin

Day 3: Add Collagen Complex and Vitamin D3 5000

Day 5: Add Essentials GLA 240 and Essentials Vitamin C

Day 7: Add the Multivitamin with Antioxidants

Supplement Instructions for the 90-Day Program

Supplement	Breakfast
Multivitamin with Antioxidants	1 capsule
Essentials Vitamin C	1 capsule
Essentials Vitamin D3 5000	1 softgel
Essentials Omega 3 Fatty Acids	2 softgels
Essentials GLA 240	1 softgel
Super Curcumin	1 softgel
Collagen Complex	1 tablet